

Preschool Swim Levels (Ages 3-5)

Our Preschool Swim Lesson program offers children their first experience in the pool without their parents. This 30 minute program is taught by our trained aquatic staff and class ratios are kept small for individualized attention. Children are taught the building blocks of swimming and also learn about pool safety, boating safety, and the use of personal flotation devices.

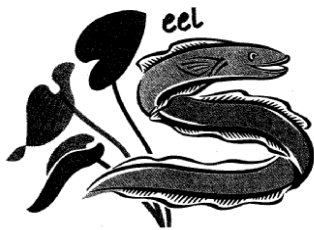
See our swim levels below for class descriptions.

Our pool is kept at 83 degrees and we strongly encourage your child to wear a swim shirt to class. A warm swimmer is happier to participate in class.



Pike- beginner

The Pike class is designed to teach new swimmers safe pool behavior, adjustment to the water and develop independent movement in the water. This level teaches basic paddle stroke and kicking skills, pool safety, proper use of IFD's and PFD's and comfort holding their face in the water while blowing bubbles and swimming.



Eel- beginner 2

The eel class is designed reinforce what is learned in the Pike level and build on those skills. Swimmers are taught to kick, dive, float and perform the progressive paddle stroke. Basic boating safety and use of PFD's are learned here. Children at this level can swim across the pool without assistance by the end of this level.

Ray- advanced beginner



The Ray level is for the most advanced preschoolers. Swimmers here learn more personal safety, rescue skills, building endurance by swimming on their front and back, and learn to tread water and perform more progressive diving skills. These swimmers swim comfortably with no flotation devices.

Parents are permitted to observe swim classes during week number 4 and the last week of the session.

Session calendars are handed out at the beginning of the session.

Contact Barbara Glaude, Aquatic Director with questions or concerns.
860-426-9553 or bglaude@southington-cheshireymca.org